

MORE than MEDITATION

TO COUNTER UNHEALTHY STRESS



Meditation will allow you to tune into your mind to navigate the ups and downs of life.
OUR training will inspire you to make meditation and mindfulness a natural part of your life.

Nov 8, 2018

5 evidence-based benefits to ease:

- STRESS
- ANXIETY
- INSOMNIA
- PAIN
- FATIGUE

Plus ... countless evidence-based factors to live a better and longer life.

DATES & TIME

Times: 7:00 – 8:30 pm.

Commencing 8 Nov: 5 Thursday evenings: Nov 8, 15, 22, 29 and Dec 6.

VENUE

South Yarra Baptist Community Centre
12-16 Surrey Rd, South Yarra

REGISTRATION

Call Tina 9534 9495 or register online at:

[The Lewis Institute](http://TheLewisInstitute.com.au)

FEES

Tuition fee: \$297

Early bird fee: \$277

Early bird until: 25 Oct 2018

FACILITATORS

Bill Patterson, Dr Daniel Lewis, Kati Patterson and Dr Beverley Lewis.

WEB

[The Lewis Institute](http://TheLewisInstitute.com.au)

www.mindbodysolutions.com.au

PHONE

Call 9534 9495

CURRENT STUDIES

Read our [latest education and research](#) articles.

Send email for research on meditation and mindfulness benefits to:

billp@mbsolutions.com.au